

# *Dance of the Elements*

## a T'ai chi, Writing and Meditation Online Retreat

*This week of Tai Chi, writing and meditation will trace our intimate relation to the dance of the elements: Earth, Water, Fire, Air, Space, and Consciousness – with an overall theme of impermanence. Whatever arises from our practice we will use to play with the reality of our inter-connectedness, write about it and share our stories.*

### **More about the retreat**

The retreat takes place over Zoom but taking care to avoid stress and strain. All the writing exercises will be off-screen - people focusing on their notebooks. And during meditations, we don't have to look at the screen, we listen and often close our eyes. We can be flexible about comfort breaks, but have them approximately every hour in natural transitions. The light daily programme is designed for the home, knowing that some folk may have other responsibilities to fit around it. Meanwhile those free to do so can schedule additional practice in their own time.

The retreat begins at 7:20pm on Friday 5th March  
and ends at 5:30 on Thursday 11th March

### Provisional Daily Schedule

7.30-8.30 T'ai chi & Meditation

10.30-12.30 Tai-chi and writing workshop

4.30-5.30 T'ai chi & Meditation

7.30-8.30 Evening activity

Usually people are invited to write something before they come to the retreat, sometimes bringing earth from home then talking talk about the soil. This time, when people book, a confirmation letter will be sent and that can include the writing prompt - which would be part of the first evening's check-in

### **Please have handy:**

- A notebook to use as a journal
- Writing/drawing materials
- Elemental poems, stories & songs you would like to share
- Loose comfortable clothes for movement and tai-chi
- Your dreams . . .

### **The Teachers**

Larry Butler ([www.playspacepublications.com](http://www.playspacepublications.com)) will lead the bodywork and creative writing.  
Smritiratna (<https://www.dhanakosa.com/retreat-leaders/smritiratna>) will lead the meditations.